



When she isn't doing food presentations at area Fresh Market stores, personal chef Bonnie Lowrey of Bonita Springs is busy preparing foods for area homes. Her newest project is organization of a cookbook for the Bonita Springs chapter of the Zonta Club.

Family recipes with Good stories sought

By Pam Witmer
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Wanted: Cherished family recipes and the stories that go with them.

Members of the Zonta Club of Bonita Springs ask area residents to share more than just the ingredients of family recipes.

For their upcoming cookbook project, they also want to know how that recipe was created, or when it was used, or the memories it evokes when it is prepared.

The cookbook will be titled the "Zonta Club Story Book Cookbook.

The deadline for submitting recipes is March 15. The cookbook will be sold in Bonita Springs in Riverside Park on the Fourth of July.

Trish Leonard, president-elect for the club, said her inspiration for the cookbook project came when club members were doing a progressive dinner.

"We started talking about how nice it would be to do a cookbook," Leonard said.

"But it had to have a theme."

Once the group started talking about recipes, they realized they didn't talk about food without talking about where the recipe came from, or who made it, or when.

"We realized every recipe has a story with it," Leonard said.

Club member and personal chef Bonnie Lowrey volunteered to compile the recipes and organize them for publication.

Cooking is lot more than pots and pans and measuring spoons," Lowrey said. "Everyone has memories and stories to tell about their cooking. That's because cooking has so much to do with how we celebrate our lives."

Lowrey has about 30 recipes so far and she's looking for as many more as she can get.

Already she is enjoying stories that go with food preparation directions.

"One of our members submitted a recipe for "Cowboy Beans" that was her version of baked beans. She called them that to get her son to eat them," Lowrey said.

Her own recipe for Salsa Dressing comes with her story of trying to invent the perfect low-fat version of ranch dressing but with some spice to it.

"It was even better once I started using chipotle salsa," Lowrey said.